INSERT ZONE RUNS

RULES & PHILOSOPHY

INTRODUCTION

With “insert zone runs”, the tight end (Y) inserts himself in the zone blocking scheme as a way to create an extra gap in the run game. He inserts to block the backside linebacker. The tight end (Y) can work back across the line of scrimmage for the backside linebacker, or he can line up on the same side.

ACTION

We’re making available the methods and tools we use to get young athletes more comfortable understanding run game scenarios. Check the information at the end of this guide for directions on how to download our tools and access our quarterback development programs..

"WE DONT JUST PLAY QUARTERBACK, WE ARE QUARTERBACKS."

RULES VS 4-DOWN FRONT (EXAMPLE)

OLINE BLOCKING

- **Playside Tackle**: Base block on the defensive end.
- **Playside Guard**: “Single” double team on near down lineman with the center up to the I.D.
- **Center**: “Single” double team on near down lineman with the playside guard up to the I.D.
- **Backside Guard**: Macho block on near down lineman.

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- **Backside Tackle**: Macho block on defensive end

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- **Tight End**: Insert on the -1 from the I.D.
- **X, A, Y, Z**: Block most dangerous man (MDM).

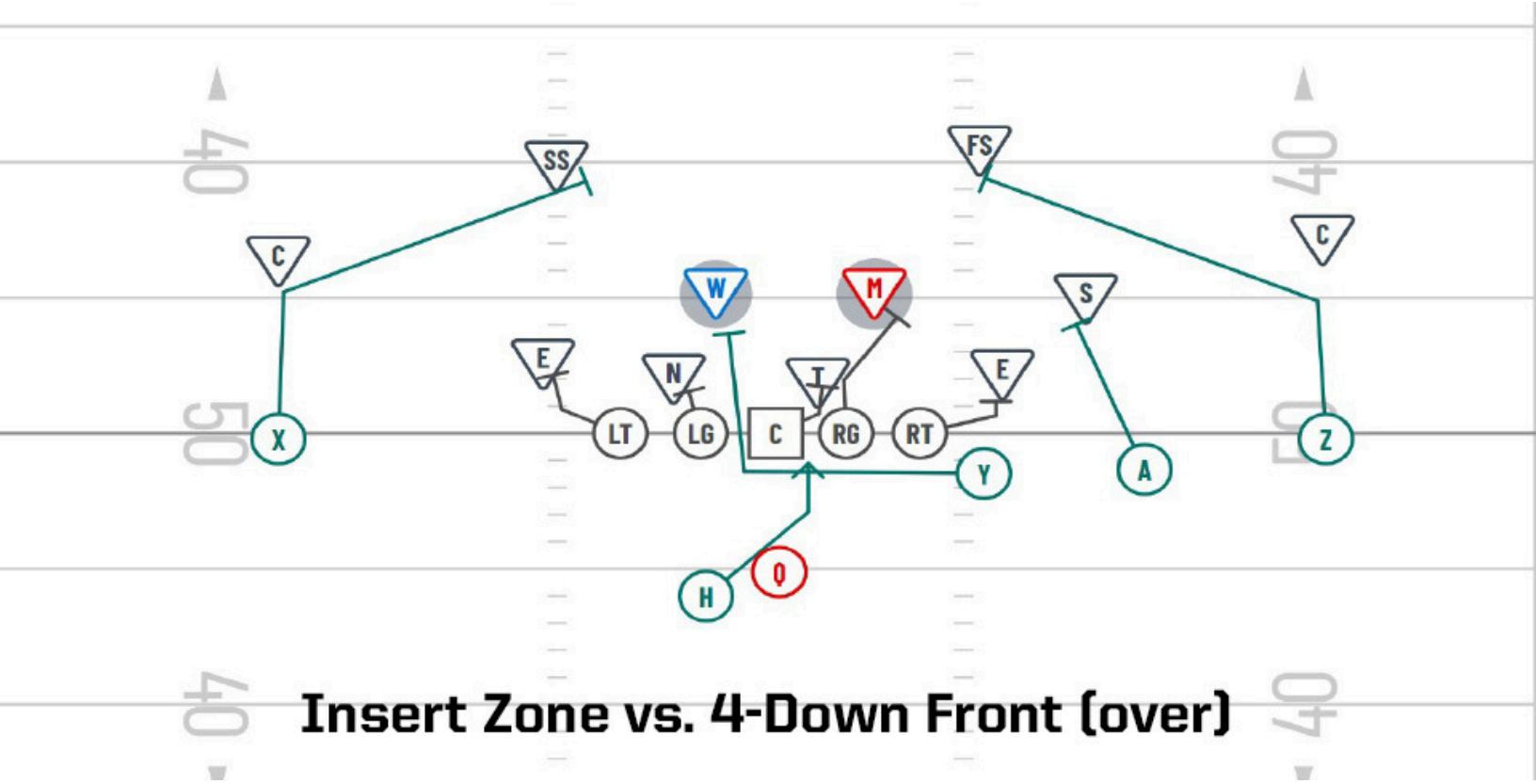
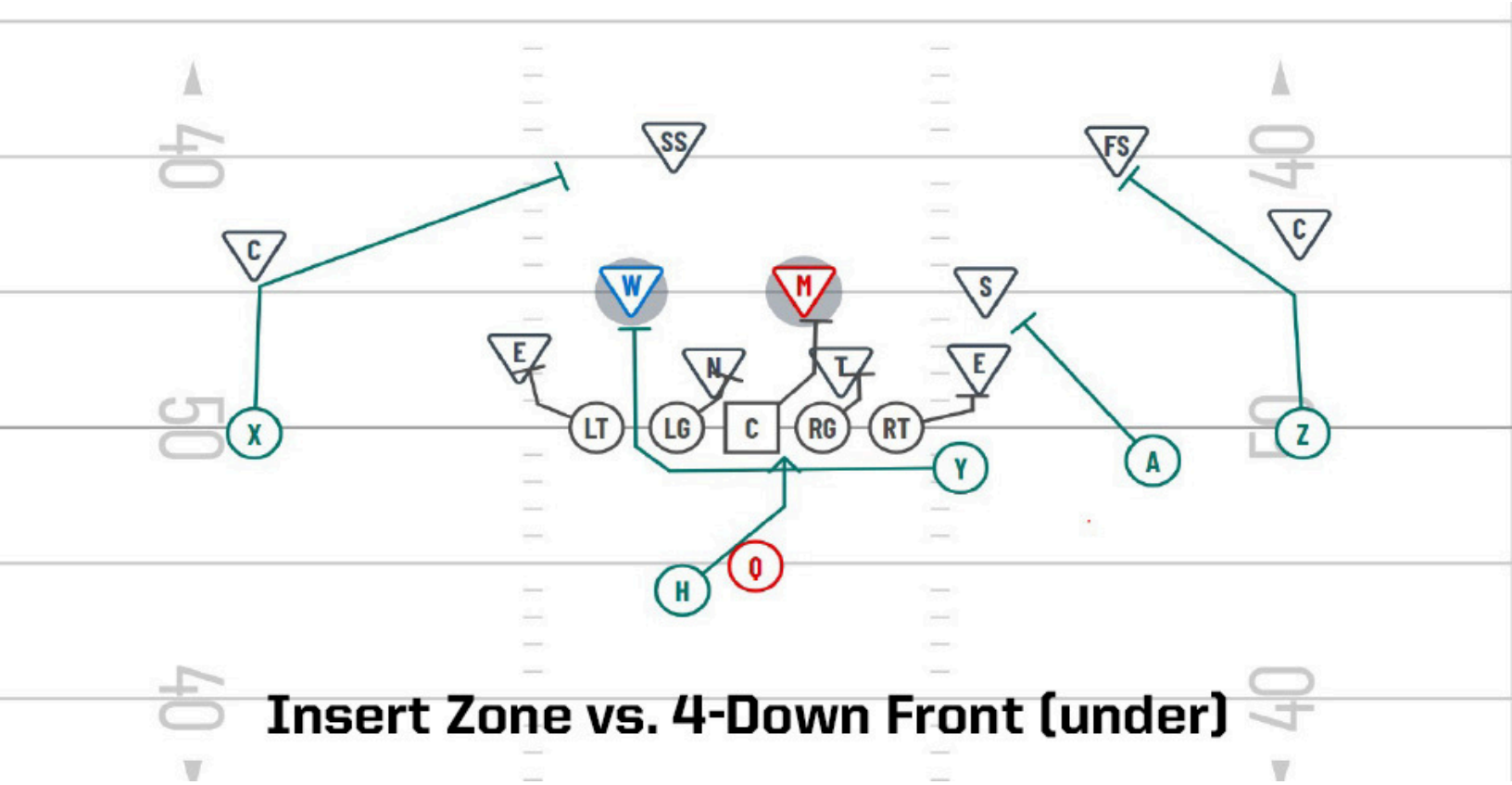
TRY TO IDENTIFY THINGS QUICKER

The whole purpose of learning to review film is to get better and faster at identifying things during an actual game. So, while watching film try to identify the blocking assignments, groupings, and cues quicker each time you review a play.

INCORPORATE THE FILM NOTES INTO YOUR TRAINING

Use your game film to correct your mistakes and to help prepare your training and game preparation strategies.

INSERT ZONE VS. 4-DOWN FRONT (OVER)



INSERT ZONE VS. 4-DOWN FRONT (UNDER)